

2011 GIRLS WCD III 3-A SWIMMING AND DIVING CHAMPIONSHIPS

LOCATION Hazen High School Pool
1101 Hoquiam Ave NE
Renton WA, 98058
425-204-4230

FRIDAY NOVEMBER 4, 2011

COACHES MEETING	3:00 PM
SWIM and DIVE WARM UP	3:30 PM
SWIM PRELIMS START	4:30 PM
DIVE WARM UP/PRELIMS	7:00 PM

SATURDAY NOVEMBER 5, 2011

DECK/BALCONY OPEN	3:30 PM
SWIM and DIVE WARM UP	4:00 PM
SWIM and DIVE FINALS	5:00 PM

PARTICIPATING TEAMS: Olympic: Bremerton
SPSL: Auburn Mountainview, Enumclaw, Lakes, Bonney Lake, Decatur, Peninsula
Seamount: Hazen, Highline, Kennedy Catholic
Narrows: Capital, Foss, Lincoln, Timberline, Wilson

ENTRIES & REGISTRATION:

You **MUST** submit **FIVE** things:

1. Hy-Tek Team Manager Entry Export File.
2. Email a PDF from Team Manager with your entries listed. (Meet Entry Report) this is for you to verify your entries.
3. One copy of the relay entry form (this is also your State Relay Form)
4. Team information form. (Coaches names, contact info...for program)
5. One diving form for EACH diver, completely filled out & signed

ENTRY DEADLINE: All forms and TM file **MUST** be received by **Sunday, October 30th at noon.**

You may hand deliver entries (including TM entry file) to Bryce Jensen at the Seamount League Meet.

TM files cannot be faxed. They must be emailed or hand delivered.

E-mail the files to: bryce.jensen@rentonschools.us **AND** brycejensen_40@msn.com

PSYCH SHEET: The psych sheet will be emailed out and posted at WCD3.org as soon as all the entries are in.

ENTRY RULES: Please remember the following items when entering athletes:

1. **Entry Limits:** An athlete may ENTER a maximum of 2 individual events and 3 relays.

However, an athlete may only COMPETE in a maximum of four events: two individual events and two relays or one individual event and three relays.

2. **Team Entry Limits:** Each team may enter a maximum of **four swimmers per individual event**, with qualifying District times, on the Master Entry Form.

3. Relay Entry Form

1. ALL relay alternates must be listed on the Relay Entry Form and in Team Manager. **Relay entry times** are inputted in the cell just under the Relay name at the top of the column.
2. If a swimmer was designated as a potential relay member on all three relays, it is the coach's responsibility to see that the swimmer does not compete on all three relays if that would put the swimmer over the limit of competing in 4 events.
3. ***The same eight swimmers remain on a relay if it should advance to the State Meet.*** WIAA rules forbid changes to the 8 potential members of a relay between Districts and State.
4. Any combination of these 8 swimmers may swim in prelims and/or finals at the District Meet and State, subject to the usual athlete event limits.

WILD CARDS:

1. If there are lanes available in an event after the qualified swimmers have been seeded, swimmers nominated as 'Wild Card Entries' will be entered, based on time, until all empty lanes in an event are filled. No new heats will be created. Potential Wild Card entries need to be listed in Team Manager and enter them as Exhibition. If they swim it will be changed before the meet.
2. Entry times must be the best verifiable time from the current season.
3. **A 'Wild Card Entry' counts toward the individual event limit of 2 per swimmer even if a swimmer is not ultimately entered in the event as an Optional Swimmer.** Wild Card Entries cannot be declined. These are swimmers you entered in the event. If you do not want them to swim the event, do not list them in your entries. **We will not Wild Carding Relays.** Please check the Psych Sheet to see if your swimmers Wild Carded In.
4. We will Wild Card Divers based on their submitted 11 dive score. We will fill to an even "Heat" of divers, 12, 18, or 24. If there are 16 qualified entries we will Wild Card 2 more to fill out 18 Spots. We have a six lane pool, so we fill the heats divers accordingly.

Please verify that your entries are correct before submitting them. Changes will not be accepted after the noon entry deadline.

Diving Forms

1. Use only the WIAA 2011-2012 Diving form.
2. List dives using the dive description, as they appear on the back of the dive form.
3. Fill out the form COMPLETELY (including signatures) using a pencil. You will have the opportunity to change your dive sheets at the meet prior to the start of the event.

SEATING & ENTRY: Except for athletes, meet officials and timers, **ALL** other students and parents **MUST** pay. **Athletes will sit on the pool deck and spectators will sit upstairs.** Only coaches, athletes and meet workers will be allowed on the pool deck. All coaches and workers will wear a pass to be on deck.

ONLY WCD PASSES WILL BE HONORED FOR THE WCD III PRELIMS AND FINALS.

Admission to the WCD III meet will be charged according to WCD III guidelines.

CASH ONLY Checks not accepted.

Adults.....	\$7.00
Students (with ASB).....	\$5.00
(without ASB).....	\$7.00
(Elementary, under 12).....	\$4.00
(Preschool, with parent).....	Free
Senior Citizens (62 & over).....	\$5.00

Checks not accepted...cash only.

COACHES: Please pick up your heat sheets, deck pass and other information from the meet manager upon arrival before the coaches meeting. Please help us to keep the pool deck and spectator areas picked up and clean. Instruct your athletes to not leave ANYTHING in the locker room unattended.

You will receive one deck pass for each coach listed on your Team Information Form. If you require passes for managers they need to be emailed to the Meet Director along with your entries.

The pool deck is only for participants, coaches, and managers with passes. Team members who are not participating will be asked to leave the deck and sit in the balcony. Please assist the meet management with policing your own team.

Please advise your parents and spectators that are attending of the fees.

State Meet Qualification: Qualification for the WIAA State Meet is possible by any of three methods:

- 1.) 2A Allocation from District 3 to the State Meet:
 - a. Individual events: Top 4 places at finals automatically go to State
 - b. Relay events: Top 4 places at finals automatically go to State
- 2.) An individual or relay team may also qualify by achieving the State time standard for that event. That event must be entered and competed at Districts.
- 3.) If space is available in the State Meet it is possible to be allocated a spot (i.e. a wild card entry) based on the time achieved in finals at the District Meet. The process for wild card entries will be forwarded to you as well as included in your District Meet Packet.

A qualifying time, intended to be used for entry into the state meet, must be submitted to the WISCA database within 7 days of achieving the time, on the entry card or electronic printout showing the time, signed by the meet Referee. Make absolutely sure you have submitted your State swimmers' times to WISCA in accordance with the rules on the WIAA website. Rules are reprinted below. State times achieved at Districts will be submitted for you. NOTE: Swimmers or divers who wish to advance to the State Meet must compete in the same event(s) at their district meet.

Parking: Please have your team buses park in the South Lot near the Tennis Courts. Cars illegally parked will be ticket or towed at the owners expense.

Concessions: Concessions will be located in the Mezzanine at the top of the stairs.

T-Shirts and Sweatshirts will be for sale during both prelims and finals.

If you have any questions please do not hesitate to email or call:

Meet Manager: Bryce Jensen
Phone: 425-204-4441
Fax: 425-204-4215
Bryce.jensen@rentonschools.us

Site Manager: Jen Ben
Phone: 425-204-4341
Fax: 425-204-4215
Jen.Ben@rentonschools.us